

Worksite Challenge: Fit with 5

Promotional Activities Guide and Participant Information

From (DATE) to (DATE), employees of (NAME OF BUSINESS/ORGANIZATION) will participate in “Worksite Challenge: Fit with 5” by exercising five days a week and eating at least five servings of fruits and vegetables a day. This event, sponsored by (SPONSORING ENTITY), promotes healthy lifestyles by encouraging physical activity in the workplace and eating five servings of fruits and vegetables a day. The goals of this health-related event are to:

- Support and encourage individuals to move toward accumulating a total of 30 minutes or more of moderate to vigorous activity every day of the week.
- Eat at least five servings of fruits and vegetables each day.
- Create a worksite/community environment that promotes and supports healthy behaviors.
- Create the capacity to disseminate this program to other institutions and communities.

Studies show that too many Arkansans are overweight, inactive and don’t eat enough servings of fruits and vegetables daily, causing them to be at risk for health problems. The “Worksite Challenge: Fit with 5” event will help to encourage us to be physically active and eat fruits and vegetables on a regular basis.

Regular physical activity and eating five or more servings of fruits and vegetables a day reduces the risk of dying prematurely. It also reduces the risk of dying from heart disease, developing diabetes, developing high blood pressure and many other health problems. According to the Surgeon General’s Report on Physical Activity and Health, Americans suffer from illnesses that they can prevent or improve through exercise. In the United States 13.5 million people have heart disease, eight million have diabetes, 50 million have high blood pressure and more than 60 million are overweight. These numbers would go down drastically if more Americans would be more physically active.

According to the *Journal of Occupational and Environmental Medicine*, people who participate in employee physical activity programs have less than five sick days per year. A person should be physically active most days of the week. It does not have to be a strenuous work out or take place in the gym. Housework and yard work are common activities that can be done every day. Vacuuming, washing the windows, sweeping and cutting the grass (with a push mower) are great exercises. Taking the stairs instead of the elevator is also a good way to increase activity levels.

Choose activities that you enjoy. For example, many people enjoy biking, swimming, walking or hiking. If you choose an activity that you can enjoy, it will be much easier for you to get physically fit. “Worksite Challenge: Fit with 5” is the perfect time for all residents of Arkansas to take the steps to increase physical activity, eat five or more servings of fruits and vegetables a day and improve health for life. Decide today. We need YOU to help get MORE ARKANSAS RESIDENTS, MORE active, MORE of the time.